## **CA Assembly District 75 Nutrition Insecurity Dashboard: September 2023**



What is "nutrition insecurity"?

"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4).

Research indicates this to be a conservative

estimate of the population needing food

assistance to obtain adequate daily

nutrition.

Nutrition Insecurity:	Total Population	
District 75 Total Population	Estimated People Nutrition Insecure	
627,705	145,341	
% of Total Population Nutrition Insecure		
23% compared to 25% in SD County		

Nutrition Insecurity: Children & Youth (0-18)		
Total Children & Youth in District 75		
145,642	40,257	

Nutrition Insecurity: Older Adults (60+)			
Total Seniors in District 75			
138,976	28,692		
% of Older Adults Nutrition Insecure			

% of Children & Youth Nutrition Insecure

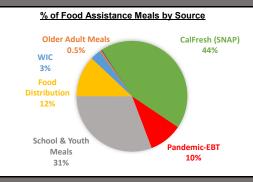
28% compared to 32% in SD County

21% compared to 25% in SD County

Please cite this report as: San Diego Hunger Coalition. September 2023 Nutrition Insecurity Dashboards. San Diego, CA; February 2024. For maps, data tables and additional dashboards by electoral district, please visit www.sdhunger.org/research.

#### Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	2,416,471
Pandemic-EBT	542,335
School & Youth Meals	1,706,813
Food Distribution	663,947
WIC	171,478
Older Adult Meals	30,130
Food Distribution Program on Indian Reservations (FDPIR)	11,015
Total Meals Provided in Month	5,542,189



# Comparing types of food assistance based on USDA Moderate Cost Food Plan:

1 nutritious meal

-

1.85 pounds of food

=

\$4.46 on an EBT card (metro)\*\*

=

\$5.43 on an EBT card (rural)\*\*

\*\* Cost of nutritious meal adapted for San Diego prices and population.

#### **Calculating Missing Meals**

Step 1: Total Meals Needed by Nutrition Insecure Population

13,262,380

Step 2: Subtract Estimated Self-Purchased Meals

6,310,568

Step 3: Subtract Total Food Assistance Meals Provided

5,542,189

Missing Meals in District 75: September 2023

1,409,623

### CalFresh Participation

District 75 Total Participation	Number of Ped	ople
CalFresh Recipients in September	70,605	
Est. Total Population Eligible for CalFresh	110,088	
Estimated CalFresh Participation Rate in District 75	64%	
Potential New CalFresh Enrollees	39,483	Countywide Participation Rate
Additional monthly meals if half of eligible pop. was enrolled	856,131	
\$ Issued for food from CalFresh in September	\$12,157,685	
Estimated total economic impact from CalFresh spending	\$21,762,257	

District 75 Senior Participation Number of Senior		
Senior CalFresh Recipients in September	15,911	
Est. Total Seniors Eligible for CalFresh	26,872	
Estimated Senior CalFresh Participation Rate	59%	
Potential New Senior CalFresh Enrollees 10,961		
	-	

For full methology and maps of CalFresh participation and potential enrollees, as well as all of this data by electoral district, visit: www.sdhunger.org/research.

#### Methodology:

Hunger Free San Diego calculates the CalFresh participation rates based on the likely eligible population with income below 185% of the Federal Poverty Level (FPL). In California, households with income up to 200% FPL are encouraged to apply.